



12 Week Seeking Safety Group

Starting September 2016

Mondays and Thursdays from 9:30-11:30am

Belleville

Seeking Safety work stays in the present, teaching a broad array of safe coping skills that people may never have learned if they grew up in dysfunctional families or may have lost along the way as their addiction and trauma spiraled downward. All of the Seeking Safety coping skills apply to both trauma and addiction at the same time – providing integrated treatment that can help boost motivation and guide clients to see the connections between their trauma and addiction issues.

Pre-registration to participate is required,

For more information

or to sign up please call:

Becky Stark 613-473-9914 ext 1

Christina MacDonald 613-967-4734 ext 262